

On Thanksgiving you will celebrate the start of the holiday season

It is also **National Family History Day**



The importance of family health history is recognized by the U.S. Surgeon General.

Tracing the health problems of your parents, grandparents, brothers and sisters, cousins, aunts and uncles can help your health care provider keep you and your family healthy and ensure a longer future together.

Go to www.medicine.nodak.edu/genetics

Then click on “**Family History**” for the tool to record your family history. This tool is **FREE**.

Give a different kind of gift to your family this holiday season. Better health.

Clinical geneticists, genetic counselors and nurse geneticists can help interpret your medical family history and make appropriate recommendations.

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